

(Breakthrough, Fall 1987)

## **OPENING AND CLOSING REMARKS OF THE FIFTH ANNUAL PROFESSIONAL SEMINAR**

*by Robert A. Monroe*

### **OPENING REMARKS**

*On the opening night of the Professional Seminar, Bob Monroe set the theme for the ensuing days: humankind has a unique window of opportunity for moving beyond fear and gaining a fuller understanding of existence; Hemi-Sync® is a powerful tool that The Monroe Institute (TMI), with the aid of its Professional Division, can use to assist in this important transformation. A summary of his talk follows:*

All through history, most of life has been controlled by anxieties and fears. The basis for these anxieties and fears is the fear of the unknown and the fear of change. As humankind has progressed, knowledge has pushed back the boundaries of fear, just as earlier on, fire kept the predators further away. But those boundaries still exist, creating “boxes” for us all. And for the most part, death—that biggest unknown, that biggest change—is still our biggest fear.

Yet throughout human history, there has always been a “fringe” that claims to have some answers as to what death is all about... to have some concept of the difference between “Here” and “There.” The “orthodox” world, however, wants objective proof. TMI has long felt that Hemi-Sync gives many people a chance to taste “There,” but so far, the only evidence has been subjective reports.

For the first twenty years of TMI’s existence as a research and educational organization, Bob provided the financial support, was looking for his own answers, and was not overly concerned with scientific proof. But for the past two years, TMI has been a self-supporting, non-profit organization and the research effort has been broadened to seek out more empirical data.

It is through the research efforts of TMI’s Professional Membership that TMI hopes to become the go-between for the “orthodox” and the “fringe,” and with the tool of Hemi-Sync, help humankind deal with its biggest fear and undergo its biggest transformation.

## **CLOSING REMARKS**

Bob Monroe closed the Professional Seminar for this year by raising the question, “Where do we go from here?”

He said if humankind is to live up to its potential, a likely answer to that question is, “Develop a new overview of death.” Bob noted that for the most part, our cultures, religions, and philosophies engender and enhance the fear of death, but knowledge is the best weapon against fear. He had several suggestions for increasing our knowledge and changing that overview.

To begin with, it helps to know your starting point, Bob said. To determine your overview of death, ask yourself these questions: What would you think, do and be if you had 3 seconds to live? Three minutes? Three hours? Three days? Three weeks? Three months? Three years? Thirty years? Then, take those same answers and apply them to a reversed time frame (e.g., relate the 3 second answer to a 30 year time frame) and see what it tells you.

Bob said the next step in changing our overview is to increase our knowledge by exploring the parts of ourselves that are unknowns. This includes the exploration of sleep and examining phenomena such as the near-death experience. He said we should find ways to convert speculation about death into knowledge. Pre-knowledge about what happens upon death will dispel the fear of death.

Bob said that from his perspective, we have that pre-knowledge and experience now, because the realm of delta sleep is close to the realm of death. However, when we return, we have no memory of our experience “there,” largely because it doesn’t readily relate to experience “here.” He said we must find ways to help people recall and assimilate that memory.

Bob concluded that gathering knowledge about human consciousness (especially death) and using that knowledge to alleviate the fear that limits us is the greatest challenge facing TMI and the Professional Division.

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